



OCTOBER 29-31, 2018
NOVEMBER 1-2, 2018



FREDERICA ACADEMY LOWER SCHOOL LUNCH MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Entrée	Entrée	Entrée	Entrée	Pizza Day
Fish Fillet	Chicken Tenders	Cheese Burger Sliders	Chicken Teriyaki	Cheese or Pepperoni Pizza
Mashed Potatoes	Macaroni and Cheese	Onion Rings	Fried Rice with Peas	Raw Veggies
Green Beans	Peas and Carrots	Steamed Broccoli	Spring Roll	Fruit
Salad	Salad	Fruit	Fruit	
Turkey, Ham + Cheese, and PB and J Sandwiches	Turkey, Ham + Cheese, and PB and J Sandwiches	Turkey, Ham + Cheese, and PB and J Sandwiches	Turkey, Ham + Cheese, and PB and J Sandwiches	Turkey, Ham + Cheese, and PB and J Sandwiches
Fresh Fruit of the Day				

ICE CREAM DAY!!

- Sandwich of the Day will always include a Peanut Butter & Jelly (PB&J) and Turkey or Ham with cheese on whole wheat bread. There will also be wraps, mini-subs and pita sandwiches offered occasionally that are not listed on the menu.
- Soup and other items not detailed on the menu may also be offered.
- Protein Snack Combos with a variety of cheese, fruit, hummus, peanut butter, crackers and veggies will be on the salad bar daily along with Fresh fruit.
- Yogurt Cups, string cheese, Go-GURT sticks, Granola bars, Nutria-Grain bars and peanut packs are in the cooler or counter.
- 2% milk, small bottled water and chocolate milk are available in the cooler.

